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CITIZENS COMMUNICATIONS CO

Form 4

March 17, 2003

UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

() Check this box if no longer subject to Section 16.

Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person

Leonard Tow

Three High Ridge Park

CT, Stamford 06905

- Issuer Name and Ticker or Trading Symbol Citizens Communications Company (CZN)
- 3. IRS or Social Security Number of Reporting Person (Voluntary)
- 4. Statement for Month/Year

2/21/2003

- 5. If Amendment, Date of Original (Month/Year)
- 6. Relationship of Reporting Person(s) to Issuer (Check all applicable) (X) Director () 10% Owner (X) Officer (give title below) () Other (specify below)

Chairman and Chief Executive Officer

- 7. Individual or Joint/Group Filing (Check Applicable Line)
 - (X) Form filed by One Reporting Person
 - () Form filed by More than One Reporting Person

Table I Non-Derivative	Securit	cies <i>I</i>	Acqu	ired, Disposed	of, or	Bene	eficiall	y Owned	
1. Title of Security	Trans 	sactio 	on 	4.Securities According or Disposed of Amount	f (D) A,	/		5.Amount of Securities Beneficially Owned at End of Month	
Common Stock	2/21/			250000	A 	 		2808601 	
Common Stock	I	1	1 1		I	I		1821	١
Common Stock								213	
Common Stock								18587	
Common Stock					I			5394022	
Common Stock					I			1586	
Common Stock								2806	
Common Stock								32369	

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1.Title of Derivative											8.P
Security	version	Trans	saction		rivative	e Secu	cisa	ble and	k	of Underlying	of
	or Exer	1			rities A	Acqui	Expi	ration		Securities	vat
	cise		1		red(A)	or Dis	Date	(Month/	/ I		Sec
	Price of				posed of	E(D)	Day/	Year)	1		rit
	Deriva-						Date	Expir	<u> </u>		
	tive					A	/ Exer	- atior	n	Title and Number	
	Secu-	1	1 1			D	cisa	- Date		of Shares	1
	rity	Date	Code	1	Amount	- 1	ble		1		1
	I		1 1			- 1	1		1		

Explanation of Responses:

- 1. Shares held directly by Lantern Investment Company LLC. Reporting Person is the sole member.
- 2. Securities held directly by spouse. Reporting Person disclaims any beneficial ownership of securities and any direct or indirect control or voting power over the securities.
- 3. Reporting Person's spouse is custodian for her minor grandchild.